In the Claims

Please amend claims 1 and 7, and add new claims 23-38.

- 1. (Currently Amended) A stool comprising:
- a) a base having a front and a back corresponding to a front and back of the stool, respectively, wherein the base is elongated from the back to the front along a longitudinal axis, and tapors from a first width at the back to a second, narrower width at the front, wherein the base has a convex bottom surface that defines an upwards extending nose at the front of the base;
 - b) a seat; and
 - c) a post connecting the base and the seat.
- 2. (Original) The stool of claim 1 wherein the base further includes a stabilization region, the majority of the stabilization region being located rearward of the post.
- 3. (Original) The stool of claim 2 wherein the entire stabilization region is located rearward of the post.
- 4. (Original) The stool of claim 2 wherein the stabilization region is a flattened region.
- 5. (Original) The stool of claim 1 wherein the base comprises a bottom surface and a top surface, wherein the top surface is concave and comprises at least one storage compartment.
- 6. (Original) The stool of claim 1 wherein the post is adjustable in height.
- 7. (Currently Amended) A stool comprising:
- a) a base having a front end and a back end corresponding to a front and back of the stool, respectively, wherein the base is elongated from the back to the front along a longitudinal axis, wherein the base comprises a bottom surface with two opposite sides with convex curvatures, the opposite sides extending between the front end and the back

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end of the base, the opposite sides converging toward a nose located at the front end of the base;

- b) a seat; and
- c) a post connecting the base to the seat.
- 8. (Original) The stool of claim 7 wherein the seat has a front and back corresponding to the front and back of the stool, respectively, and first and second sides adjacent the front and back, wherein the seat is elongated from the first and second sides, wherein the seat is elongated transverse with respect to the longitudinal axis of the base, the stool further comprising handles positioned at the first and second sides of the seat.
- 9. (Original) The stool of claim 8 wherein the seat is contoured.
- 10. (Original) The stool of claim 7 wherein the nose is rounded and extends upwardly.
- 11. (Original) The stool of claim 10 wherein the bottom surface of the base at the nose comprises a non-slip surface.
- 12. (Original) The stool of claim 11 wherein the bottom surface of the base at the nose further comprises discrete protrusions.
- 13. (Original) The stool of claim 7 further comprising a hole at the back of the base for hanging.
- 14. (Withdrawn) The stool of claim 7 wherein the set has a top, a distance between the top of the seat and the base being less than 9 inches.
- 15. (Original) A method of gardening, comprising the steps of:

providing a stool having a base with a nose, the base having a convex region and a flattened region, a seat having a contoured region, and a post connecting the seat to the base, the flattened region of the base and the contoured region of the seat arranged such

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that a user's center of gravity when seated upright is vertically aligned with the flattened region;

placing the stool at a desired garden location and sitting upon the contoured region of the seat in an upright position, wherein the flattened region stabilizes the user in the seated upright position;

rolling the stool forward toward the nose of the base to access the desired garden location wherein the base provides for transitional movement between the flattened region of the base and the convex region of the base; and

tilting the stool towards a side while still in the forward leaning position to access other desired garden locations, wherein the convex region of the base provides for transitional movement from a user's left side to a user's right side;

- 16. (Original) The method of claim 15 wherein the nose includes a non-slip region for providing added static frictional support between a ground surface and the stool while a user is in a leaning position.
- 17. (Original) The method of claim 15 further comprising the step of accessing gardening tools carried in a compartment of the base while seated for gardening purposes.
- 18. (Withdrawn) A method of gardening, comprising the steps of:

providing a stool having a convex base, a contoured seat, and a post connecting the seat to the base;

kneeling upon the ground and placing the stool underneath the user to provide buttock support;

leaning forward to access the desired garden location wherein the convex base follows the user's forward pivotal movement; and

tilting the stool in a sideway direction while still in the forward leaning position to access other desired garden locations, wherein the convex base follows the user's transverse pivotal movement.

19. (Previously Amended) A stool, comprising:

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- (a) a seat;
- (b) a base having a front end and a back end, said base being elongated from the front end to the back end and defining a longitudinal axis;
 - (c) a post connecting said seat to said base;
 - (d) a stabilization structure positioned rearward of the post;

said base including a first contour located forward of said post, said first contour having a first convex curvature in a direction transverse to the longitudinal axis for allowing side to side pivoting;

said base including a second contour extending a direction along the longitudinal axis for allowing front to back pivoting;

said stabilization region configured to stabilize said stool by limiting side to side pivoting when said stool is upright without interfering with forward pivoting, and without limiting side to side pivoting when said stool is pivoted forward.

- 20. (Previously Added) The stool of claim 19, wherein said seat is elongated traversely to the longitudinal axis of said base.
- 21. (Previously Added) The stool of claim 19, wherein said seat is shaped such that a seated user's center of gravity is positioned rearward of said post.
- 22. (Previously Added) The stool of claim 19, wherein said stabilization structure comprises a flattened region.
- 23. (New) The stool of claim 1 wherein the base tapers from a first width located rearward of the post to a second, narrower width located forward of the post.
- 24. (New) The stool of claim 24 wherein the base includes a continuous taper from the first width to the second, narrower width.
- 25. (New) The stool of claim 7 wherein the seat has a front and back corresponding to the front and back of the stool, respectively, and first and second sides adjacent the front



and back, wherein the seat is elongated from the first and second sides, wherein the seat is elongated transverse with respect to the longitudinal axis of the base.

26. (New) A stool comprising:

- (a) a base having a width and a length, the length extending from a front end to a back end, the length being greater than the width;
 - (b) a seat;
 - (c) a post connected to the base and the seat;
- (d) a first contour that extends across the width of the base, the first contour including convex portions on left and right sides of the post; and
- e) a second contour that extends along the length of the base, the second contour including front and rear convex portions located forward and rearward of the post.
- 27. (New) The stool of claim 26 wherein the seat has a front and back corresponding to the front end and back end of the base, respectively, and first and second sides adjacent the front and back, wherein the seat is elongated from the first and second sides, wherein the seat is elongated transverse with respect to the length of the base.
- 28. (New) The stool of claim 27 further comprising handles positioned at the first and second sides of the seat
- 29. (New) The stool of claim 27 wherein the seat is contoured.
- 30. (New) The stool of claim 26 wherein the front end is rounded and extends upwardly.
- 31. (New) The stool of claim 30 wherein the base includes a non-slip bottom surface at the front end.
- 32. (New) The stool of claim 31 wherein the non-slip bottom surface of the base at the front end further comprises discrete protrusions.

- 33. (New) The stool of claim 26 further comprising a hole at the back end of the base for hanging.
- 34. (New) The stool of claim 26 wherein the width includes a primary width located rearward of the post and a secondary, narrower width located forward of the post, the length of the base being greater than both the primary and secondary, narrower widths of the base.
- 35. (New) The stool of claim 34 wherein the base tapers from the primary width to the secondary, narrower width.

36. (New) A method of using a stool, comprising the steps of:

providing a stool having a base with a nose, the base having a convex region and a flattened region, a seat having a contoured region, and a post connecting the seat to the base, the flattened region of the base and the contoured region of the seat arranged such that a user's center of gravity when seated upright is vertically aligned with the flattened region;

placing the stool at a desired location and sitting upon the contoured region of the seat in an upright position, wherein the flattened region stabilizes the user in the seated upright position;

rolling the stool forward toward the nose of the base to access the desired location wherein the base provides for transitional movement between the flattened region of the base and the convex region of the base; and

tilting the stool towards a side while still in the forward leaning position to access other desired locations, wherein the convex region of the base provides for transitional movement from a user's left side to a user's right side;

37. (New) The method of claim 36 wherein the nose includes a non-slip region for providing added static frictional support between a ground surface and the stool while a user is in a leaning position.

38. (New) The method of claim 36 further comprising the step of accessing items carried in a compartment of the base while seated.

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